

**WHAT IS CLAIMED IS:**

1. A burnet extract comprising from about 0.25 percent to about 20 percent by weight burnet-derived compounds.
2. The solution of Claim 1, wherein the burnet extract comprises from  
5 about 0.5 percent to about 10 percent by weight burnet-derived compounds.
3. The solution of Claim 1, wherein the burnet extract comprises about 3 percent by weight burnet-derived compounds.
4. A method of inhibiting hair growth comprising administering the burnet extract of Claim 1.
- 10 5. The method of Claim 4, wherein the burnet extract is administered to the region of the skin where hair growth inhibition is desired.
6. A method of treating and preventing folliculitis comprising administering the burnet extract of Claim 1.
7. A method of increasing the SPF factor in sunscreens, wherein the  
15 method comprises administering a sunscreen comprising the burnet extract of Claim 1.
8. A method of increasing the SPF factor in compositions comprising sunscreens, wherein the method comprises administering a composition comprising a sunscreen and the burnet extract of Claim 1.

9. A method of preparing a burnet extract, comprising:  
soaking burnet root in a menstruum; and  
mixing and filtering the menstruum to obtain the burnet extract.
10. The method of Claim 9, wherein the menstruum comprises ethanol and  
5 water.
11. The method of Claim 9, wherein the burnet root is soaked in the  
menstruum for about 36 hours to about 7 days.
12. The method of Claim 9, wherein the burnet root is soaked in the  
menstruum for about 3 days to about 7 days.
- 10 13. The method of Claim 9, wherein the soaking of the burnet root in the  
menstruum is done under refrigeration.
14. The method of Claim 9, wherein whole or sliced burnet root is soaked  
in the menstruum and wherein the menstruum is ground before filtering.
15. The method of Claim 9, wherein the burnet root is ground before  
15 soaking the burnet root in the menstruum.
16. An external skin composition comprising the burnet extract of Claim 1.
17. The external skin composition of Claim 16, wherein the composition is  
selected from the group consisting of a skin treatment lotion, a facial freshener, a  
moisturizing lotion, an acne treatment lotion, an after-shave lotion, a sunscreen  
20 lotion, a cleansing cream, a skin cream, an antiperspirant and/or deodorant and a  
make-up base.
18. A moisturizing lotion comprising the burnet extract of Claim 1.

19. The moisturizing lotion of Claim 18, further comprising:

at least one oil component;

at least one skin conditioning agent;

at least one humectant;

5 at least one emulsifier; and

at least one emulsion stabilizer.

20. A method of inhibiting hair growth, comprising applying a moisturizing lotion comprising the burnet extract of Claim 1 to the skin.